It's Healthy Lifestyles Week!
Find out how to eat healthy on campus and to avoid the horrendous Freshman 15

News 9

Spoke

Monday October 4 2004 | Conestoga College Kitchener | 36th Year — No 18

Gobble, Gobble
Celebrating the history of Thanksgiving and learning how to make it special

Feature 8

Goodbye All
Conestoga says farewell to the college's chief of security and parking services

News 6

Deficit drops to $500,000 from $1.4m

By DESIREE FINHERT

A reduced deficit will mean no teacher layoffs

At a board of governors meeting Sept 27 John Tibbits college president said, "The $1 4-million deficit is now somewhere and I don't want to sound flippant around $500 000 The $1 4-million figure was the projected deficit as of June 27

"We will not have to lay anyone off," said Tibbits, referring to full-time teachers

Some part time teachers did not have their contracts renewed and some full-time staff were offered early retirement as a way to save money

"Certainly our goal at the end of the year is to end up with a balanced budget I don't think we will" said Tibbits. "By the end of October we should have a definitive statement"

The college's original $4-million deficit is a result of the provincial government's May budget that did not include an increase in funding for colleges

Specifically the deficit is a result of no increase in per student funding no funding for recently negotiated teacher and support staff contracts chronic under funding and the lateness of the budget It took us a while to figure out what happened," said Tibbits

On June 27 the board reduced the deficit from $4 million to $3 1 million The new budget included a revenue increase based on an enrollment increase of 1 5 per cent However this fall enrollment increased 4 3 per cent

The college also delayed program starts reduced class hours and backed out of a deal to purchase University Heights in Waterloo

"It was a little rich for our blood considering we were sitting on a $3-million deficit " said Tibbits

But, with the recent deficit decreasing, Tibbits said there are a number of issues that make the University Heights purchase worth a second look.

"The financial equations look a lot better now than they did then" said Tibbits

The college was able to raise $40 000 at a golf tournament and another $40 000 was anonymously donated

Conestoga is also running a deficit because the Liberal government froze tuition for two years and only reimbursed colleges for a portion of the increase they would have received if there hadn't been a freeze It seems quite clear that the government will raise the tuition freeze" said Tibbits No one has made a decision but there are signals coming out"

The board would like to finalize a five-year business plan in the next few months but is waiting for the task force report on post secondary education headed by former premier Bob Rae

"I think we should wait for the Rae commission said Tibbits The commission is expected to release its review in January 2005

On Oct. 1 Rae was expected to release a discussion paper at Humber College Its release will be followed by discussions with heads of post secondary institutions including Ontario college presidents at a meeting to be held on Oct. 29 at the University of Waterloo

There will also be meetings with the public One will be in Kitchener-Waterloo on Nov 25 from 7 to 9 p m Seven representatives from the college will attend including members from the union, faculty board and student body The format of the meeting and the location are still being decided

In other business, the board welcomed four new members. They are Marion Brummell, executive vice president and chief nursing executive at St. Mary's General Hospital in Kitchener Peter Barrett vice-president of manufacturing quality control at Toyota Motor Manufacturing Canada Inc in Cambridge Rick Brunet vice president and chief financial officer of Manulife Financial in Waterloo; and Carol Leaman chief executive officer of RSS Solutions, in Waterloo

(Photo by Kitia Ba ter)

Right off the bat
Veteran Malinda Wilson hits the ball late in the game but the Condors were unable to mount a comeback against the Durham Lords on Sept 28 The Lords won 4-0 but Conestoga held strong only allowing runners on base in the first two innings

Sign theft a problem

By NICOLE DEAK

During a fire drill held on Sept 21 a member of the emergency response team noticed a safe area sign missing from its designated area

The college has purchased six new signs, and, to date five have been put up in areas where the old signs were stolen

Safe area signs designate an area where students with disabilities should go during an emergency such as a fire or bomb threat or during a fire drill

A member of the emergency response team is assigned to a safe area and is required to safely escort students with disabilities out of the building

Lorne Godin of physical resources, said without these signs students and staff won't know where to go

"With these signs missing it could mean severe consequences for handicapped students " said Godin.

"People are told to go to these areas and if they don't see the sign they may leave

There are five designated safe areas in the school one in each wing. Godin said stealing these signs may be a joke to some students but it's not funny for handicapped students

It's not a joke if somebody is severely injured or even dies." said Godin

(Photo by Nicole Deak)

Lorne Godin of physical resources replaces a safe area sign that was stolen Five signs have gone missing to date

Al Hunter chief of security and parking services said there can be severe consequences for students if they are caught taking these signs

"Students could be charged with theft possession of stolen property or they can be dealt with under the student code of conduct " said Hunter "The course of action can be anywhere from a reprimand to expulsion from the college"

Students are encouraged to go to security if they know the whereabouts of the missing signs or know of anyone stealing these signs

"We don't view theft as a prank " said Hunter We view theft as theft. We don't see the humour in it

He said students are putting themselves at risk when stealing these signs and expuls on from the college will result in students putting their career at risk.

We see this as being pretty serious and pretty callous."

Now deep thoughts ...with Conestoga College

Random questions answered by random students

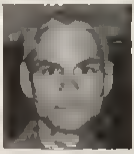
What's your worst Halloween experience?

"Getting chased all the way home while holding big bags of candy"
Rob Johnston
First-year integrated advanced manufacturing technologies

My nephew tried to light my costume on fire while I had it on
Melissa Darling
First-year recreation and leisure

"Dropping my whole bag of candy in a puddle"
Jeff Emrich,
Second-year business management

"When I was a kid I got a poisonous candy I was fortunate enough to smell it."
Phil Kubassek
First year mechanical engineering design and analysis



"Getting my bag stolen by older kids"
Eric Wright
First-year integrated advanced manufacturing technologies

Some crazy lady tried to bring me in her house
Tank Handsaeme
Second-year business management

Smile Conestoga, you could be our next respondent!

Imaginus poster sale short but sweet

For two days the Sanctuary was a wonderland of posters

By JASON SONSER

The Imaginus poster sale left as quickly as it came this semester offering a variety of posters to students at Conestoga College

Occupying the Sanctuary on Sept. 23 and 24 the sale gave students the opportunity to browse through a selection of posters including ones featuring movies bands and even artwork.

Brent Smith a first year architecture construction engineering student said the sale was "pretty sweet with his favourite thing about it being the black and white movie posters for sale

"They have Lord of the Rings posters as well as actual art"
Alex Hayes
First year mechanical engineering student

Stefan Cameron a first year information technology student said he went to the sale because he couldn't find any poster stores around

When asked for a way he thought the sale could be improved Cameron said he would suggest to have it outside of class time"

Ian Strachan a third-year woodworking technology student said he liked the variety of posters offered by Imaginus but said they could always use more posters

Jen Marry a first year accounting student said she liked the poster sale because of the dark atmosphere in the Sanctuary and students could freely go in and look at everything.

I love the George Bush posters Marry said "There's a comedy poster of what George Bush has said all his quotes It was so funny"

Alex Hayes a first year mechanical engineering student said he was mainly looking for art posters He also said he liked some of the photography posters being offered.

I was kind of glad to see actual art up there," Hayes said. "They had a nice big poster of Van Gogh's Starry Night or whatever I thought that was really neat that they have both sides of it you know they have Lord of the Rings posters as well as actual art

Hayes said he thought some of the posters being sold were a little overpriced.

But generally as posters go, especially movie posters, they're generally around those prices"

Tristan Small, a second year accounting student, said he would have liked to see more specialty posters and less common posters that you could find in any other store

Imaginus will be visiting the college again on Jan 11 2005

(Photo by Brent Gerhart)

Jeremy Bingeman an electrical engineering technician student, acts shocked as he stands beside a poster of Madonna and Britney Spears at the MTV video music awards

(Photo by Victor Yanelli)

An unscheduled break

Conestoga College students at the Doon campus wait outside the main building during a fire drill on Sept. 21 The building was cleared in approximately five minutes which was the goal However two problems were noted — one safe area sign was missing and several doors were propped open

Parking sold out at Doon campus

250 people on waiting list for a parking permit

By BENJAMIN RICHMOND

Although the parking lots at the college are sold out students on the waiting list should not despair.

Permits went on sale Aug. 3 and were sold out during the first week of classes. Al Hunter, chief of security and parking services said the parking lots nearest to the most populated programs and are all now the nearest.

"Lot 13 for example sold out by lunch time of the first day"

Al Hunter
chief of security

Lot 13 for example sold out by lunch time of the first day. Students lined up as early as six in the morning for that particular lot.

Hunter said, "I'm not out of the ordinary in saying the lots are at the beginning of the school year. However without exception he said "in the past the college has been able to accommodate all students with permits within reasonable time."

This year during the first couple of weeks, Hunter's security staff received notices that lots in six which rules may be added to custom additional parking. There are 3,900 parking spaces on campus and more permits are sold than there are parking spaces because every student set up at the college at the same time.

Parking lot 12 for example has 306 spaces and Hunter said he has sold about 340 permits in that lot.

We'll probably be selling some additional parking there. (Lot 12) because I know the lot now comfortably handles it and that way we'll be able to accommodate our students."

There are currently about 250 people on a waiting list for annual parking permits. This waiting list is located in the security office in Room 2010.6. Hunter said he has been able to provide a permit to everyone on the list for the past six years he has been in charge of parking services.

"In my experience in the first few weeks of school a number of students come in who don't know anyone and are new to the area. They need to make friends quickly and they decide to get a parking permit that type of thing. Hunter said people who return their permits for a refund and these permits are then re-sold and resold to the people on the waiting list.

Annual permits are priced at $240 and semester permits are $120. The prices of the permits are determined by a group of the college and approved at an executive committee level. This group bases the price on the costs associated with the improvement and expansion of the lots.

The college doesn't get any government funding for maintenance of the parking lots. Thus they need to get the money from the sale of permits.

Parking lot 12 was constructed last year and included such costs as paving, installation of curbs and drainage, parking control machines and safety lights. After the lot was finished each parking space worked out to cost about $1,000.

People who decide to park on campus without a permit will be charged with a private property parking infraction. There is a full time bylaw officer on staff. Hunter in Hunter's staff whose primary responsibility is to patrol the lots for parking infractions. Bylaw Enforcement Officer Russell who did not want to give his first name. Said she has issued between 100 and 150 tickets a day. "No permits. That's what we ticket for. If they have a permit and it's not displayed then we also give them a ticket."

"If they have a permit and it's not displayed we also give them a ticket"

Russell
bylaw enforcement officer

Aside from issuing permits Russell also looks for cars parked in illegal places such as in fire routes or on the grass, at the end of the aisles, in reserved handicapped spaces and at unpaid meters. Each car parked in defiance of the regulations is issued a $15 ticket which is paid to the City of Kitchener.

Therefore getting a ticket on campus is the same as getting one in downtown Kitchener. If the ticket is not paid the police can enforce the ticket will have to deal with the consequences of what they get. To review the rules or calculate fines tickets "It's standard practice in the ticket is a best method," said Hunter said.

He added if students continually disobey the parking regulations we can put security services on his friend to take further action. We will find somebody who was a habitual problem we may tow them from the property.

Russell said parking will be no less of a problem since people on the waiting list get permits.

Next year the college plans to sell permits online. This will make purchasing them more convenient for students, especially those from out of town.

This security staff spends their time on issues related to parking because it impacts such a large number of students and faculty on a daily basis. Hunter said parking is one of their most important duties.

Unless there is a fairly orderly system parking can become a real inconvenience.

International students receive warm welcome

By TIM MURPHY

Imagine yourself in a foreign country, your family and friends thousands of miles away.

A warm welcome is probably something you would be hoping for and the International Education office at Conestoga College is trying to provide just that.

Samantha Murray, manager and international student adviser said this year's orientation was very busy.

Orientation was very successful" she said.

The International Education office works to make coming to Conestoga from a foreign country as uncomplicated as possible.

After the college has received and approved an application from a student the student must then secure a study permit before they can enter Canada.

Once they arrive they are picked up from the airport at no cost and delivered to Conestoga or their homestay. Housing arrangements are also organized if the student needs them.

Some students chose a boarding environment, where they move in with a Canadian family.

"We take them shopping and help orient them to the community"

Angelina Gorni
housing advisor and activities officer

"The family would take them on an excursion to their own family" Murray said.

After the students have settled in they are given English language testing to determine their proper level of study.

The office has a staff of six employees who provide foreign students with the best experience possible. "There's a lot that goes on in this office."

Angelina Gorni, housing adviser and activities officer said students are offered a wide variety of activities that take them outside the city.

"We take them shopping and help orient them to the community" she said, noting that there is usually one activity per month.

She said the activities which often take students to Niagara Falls, bus tours to Toronto, Blue Jays baseball games, the CN Tower, St. James's Farmers Market, Paramount Canada's Wonderland and other destinations in Ontario are a very big success.

Gorni said the purpose is to help them meet other students and make friends.

"When students come here they often feel isolated."

It's mainly for fun" said Gorni.

The International Education office also organizes social events for students in residence who are unable to go home during holidays.

The trips do not cost a lot to students, to cover entrance fees and transportation. The events are open to both Waterloo and Doon campus students.

Any students interested in going on the trips can drop by the International Education office located on the ground floor of the Student Client Services Building on the Doon campus.

(Photo by Tim Murphy)

Samantha Murray, manager and international student adviser, and Angelina Gorni, housing advisor and activities officer, said they always try to maintain an open door policy at the International Education office.

Commentary

Liberals need to keep auto insurance promise

Chalk up one more broken promise to Dalton McGuinty's Liberal government after he announced last week that although an auto insurance rate cut was coming, it wouldn't be as much as promised.

McGuinty assures taxpayers he has a strong commitment to cutting auto insurance premiums but he has yet to prove it to the public.

While campaigning last year McGuinty promised an immediate freeze on auto insurance rates and a significant cut in rates within 90 days but since then thousands of drivers have seen rate increases rise by up to 62 per cent according to the NDP.

In fairness the Liberals did introduce regulatory changes that lowered insurance for some by as much as 10.2 per cent.

However Sandra Martin of The National Post said in an online interview on Canada.com what the government has done is not legislated cheaper insurance, but changed the rules on how insurance companies must run to make it cheaper for the companies to provide insurance.

Some insurers were able to lower their costs by 10 per cent or more but some companies found they couldn't afford to lower rates Martin said. Insurance subscribers to those companies that did approve cuts won't see any savings until renewal time.

The 10.2 per cent decrease only comes from insurers who filed their new rates at the start of this year. Insurers who waited to the second quarter of this year to file new rates knocked rates down by an average of only 3.6 per cent.

After being weighted for market share the average rate of decline is only 7.3 per cent.

Unfortunately insurance companies still have a loophole they can squeeze through in the Liberal legislation which allows them to raise rates if "the insurer believes that it is just and reasonable in the circumstances having regard to the insurer's financial circumstances."

We would suggest to McGuinty that he keep track of how many promises he has made in the Ontario public and how many he has broken, because if he isn't the public is.

To date the Liberal government has failed to lower insurance rates failed to freeze hydro rates and failed to provide a balanced budget.

Our suggestion to the Liberals is to work to adopt public auto insurance in Ontario.

The Consumer's Association of Canada says it delivers the lowest fairest auto insurance rates for drivers across Canada. Public insurance rates in Quebec and British Columbia are both less than half that of the average private insurance rate here in Ontario which is more than $2,500.

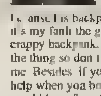
McGuinty has two options in dealing with the auto insurance issue he can make more empty promises and spout feel good fluff to the public or he can introduce stronger legislation to lower insurance rates for good drivers.

When it comes time for re election in Ontario will McGuinty's Liberals be remembered for lies and hollow statements, or for reforming an auto insurance system in desperate need of change?

JANET EXPRESSES HER FASHION TASTE

Retail job woes

Customers need an attitude adjustment



Jennifer Howden

opinion

For the past three years I have been working in retail at a bag and luggage store. This means that I have the pleasure of dealing with angry irritating condescending and just plain rude customers who think the whole world must stop for them.

I don't mean to be harsh, and not all customers are like this. The majority are nice and friendly and understand that it is not my fault if their bags break or if I don't have what they are looking for. But some of them have been a right mare.

These are my least favourite customers.

There's the lady who yells at me because we are all out of the purse she wants. I have actually had a lady come in and say if she doesn't get a particular purse she will have to change her whole outfit and her night will be ruined. Just a tad dramatic. I must remind these customers that it's not my fault when things sell out and if they shop earlier that wouldn't happen.

There's the guy who yells at me because I'm backpack ripped. Like it's my fault the guy bought a crappy backpack. I didn't make the thing so don't take it out on me. Besides if you had asked for help when you bought it, you would have found out that it's horribly made and will most likely break.

There's the lady who doesn't quite understand what a store policy is. When we say you need your receipt for a refund, we mean you need your receipt for a refund. We can't make an exception. If we did it for you we would have to do it for everybody.

Then there's the randomly rude customer. I once had a guy tell me that in my next life I should stay in school because I had to recount his change after he started talking to me. Well, I'm sorry I can't count in my head and talk to you out loud at the same time. You try doing it, it's really not that easy. Next time I just won't talk to you.

Of course who can forget the customers who try to switch the price tags, try to bring back items past the warranty or the people who pick something up and then put it back in a completely different place. I mean, if you pick up a wallet you're supposed to put it back in with the other wallets. Last time I checked the hats do not look like wallets. Oh and I can't go without mentioning the lady who comes into the store at the last minute, forcing me to keep the store open for longer than it should be. She then looks around the store for 20 minutes and leaves without buying anything.

These are just some of the joys of working retail and I guess I just need to put on my fake smile and not let it bother me especially since Christmas is on the way which means it will only get worse.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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(Photo by Alexandra Mastronardi)

Comedian James Cunningham searches the audience for a financially troubled student on Sept. 22 in the Sanctuary at Conestoga College.

Comedian provides a financial lesson, and cash to go with it

By ALEXANDRA MASTRONARDI

More than 60 students gathered in the Sanctuary on Sept. 22 to get their hands on free cash and financial advice from funny money comedian and actor James Cunningham.

Cunningham travels across the country doing live shows Funny Money which provides students with financial advice in a fun and humorous way although he said his shows are more of a side job.

"My main thing is acting and comedy."

Cunningham said he was inspired to start his show Funny Money by audience members who approached him after a comedy routine he did about being broke.

> "I am like Jesus or Mother Teresa. I like to teach people."
> *James Cunningham, comedian*

People would come to me with financial questions and tragic stories about being broke so I thought well, hang on what if I could do afternoon shows where I teach people about money but I make it interesting and funny," he said.

Cunningham has now been doing his show for four years across Canada and has won the Campus Lecture Award the past two years. He soon plans to begin doing shows in the United States.

Cunningham said he loves the fact students actually listen and they learn how to manage their money.

When I am done a comedy show it's nice when people come up and say "Oh my gosh that was so funny that was awesome. Here people say "That was so awesome but I learned something," he said.

Cunningham said he enjoys doing his show because he loves to teach.

"If I wasn't a comedian or actor I would be a teacher. I am like Jesus or Mother Teresa, I like to teach people," he said.

The comedian has been coming to Conestoga College for three or four years now and said he always has a good time.

"I love Conestoga you guys rock man."

Cunningham said if invited back next year he would be glad to return to the college.

The show began with a contest where students where asked to go on stage and convince the audience they were broke.

The winner of the contest determined by the audience's applause received $10 from Cunningham.

Towards the end of the show Cunningham randomly selected three students from the audience for a chance to win $100.

The students were asked to dance on stage and the student with the best dance moves determined by the audience's applause won $100.

Courtney Wright, 18, said she enjoyed watching the students dance for money and learning about animal fossils.

"I never thought you would be able to invest in animal fossils and make a million dollars by the time you retire. That was pretty cool," she said.

Wright said this was not the first time she has been entertained by Cunningham.

"He came to my high school for a comedy act and he was good then too. He's funny and gives good advice."

Travis Desenza, 20, said the show was entertaining and he would come back to watch it next year.

"He taught me a lot about money and how to make a million dollars," he said.

Those interested in seeing Cunningham perform again can visit www.yukyuks.com for show times and locations. He also has a book based on his act coming out next year.

Billiards table is Watson's stage

By STEPH HAULK

A billiards guru, Gerry Watson, [illegible] on Sept. 20 standing up the chalk [illegible] and how [illegible] he.

Watson, three time world champion [illegible] and his [illegible] with billiard [illegible] tricks only years of [illegible] mastered.

Watson performed some of [illegible] and tricks he tried [illegible] the audience to take [illegible] the billiards [illegible] prize.

Watson then challenged several students from [illegible] and tried to beat him in a game of pool.

Students who won and students who competed received a chance of Watson's book or video on how to play pool.

Watson put on a good show not just doing tricks but throwing in jokes and giving tips on how to be a better pool player.

Remember guys and girls, pool is like your studies. Sometimes it gets rough but you have to persevere, try harder," he said.

> "Remember guys and girls pool is like your studies. Sometimes it gets rough but you have to persevere try harder"
> *Gerry Watson, billiards guru*

Watson started playing pool when he was 12 years old in his hometown of Cornwall just outside of Ottawa.

By the time Watson was 15 years old he was competing in various competitions around Canada.

Watson has travelled all over the world not only competing in the pool but entertaining at schools.

[illegible]

(Photo by Steph Haulk)

Gerry Watson impresses the crowd in the Sanctuary at Conestoga College on Sept. 20.

Saying goodbye to a beloved friend

After six years of keeping Conestoga safe, Al Hunter is retiring

(Photo by Jennifer Howden)

Al Hunter enjoys the sunlight by the pond on Sept. 27. Once Hunter retires he will be spending time fishing in the water near his new home in Wiarton.

By JENNIFER HOWDEN

For the past six years one man has lead the strong security team at Conestoga College.

He is professional, he is fair and he is committed to his job and to the faculty and students of Conestoga. He is Al Hunter, chief of security and parking services.

On Oct. 8, Conestoga will say goodbye to the man who has played a large part in keeping us safe.

"It's time to go," said Hunter with a slight smile. "My wife and I have decided it's time to start something new."

Hunter will actually be retiring in December but with vacation time his last working day will be Oct. 8.

Hunter 58, first came to Conestoga just over six years ago. Before he became chief of security and parking services he spent 31 years with the Waterloo Regional Police Services which he retired from in December 1999. He then spent one year working on contract with the attorney general and then found his way to the college. When he first arrived there was not one camera on campus. He quickly began transforming Doon campus into the safe environment it is today by having video cameras and alarms put up and getting better lighting in the parking lots.

"He's laid a very good foundation with the security so he's left a legacy that he should be very proud of," said Fred Harris, vice-president of student affairs. "He took a security department that needed serious rejuvenation and charted it into a very professional department. I would stack it up against security departments anywhere else in the college system or the university system for that matter."

His number 1 goal was to make security an integral part of the college community and he feels he has done just that.

However Hunter is quite humble when it comes to talking about his achievements and is quick to point out that he had a lot of help along the way.

"I don't do it alone," Hunter said. "The whole department works together to ensure the safety of the students and faculty. Their safety is the most important thing."

Like all good things, Hunter's time at the college is coming to an end. He is retiring so he and his wife can move into their new home in Wiarton. It was a dream that was 18 years in the making and after breaking ground in May the house is finally built and ready for them to move in. Now instead of watching security cameras and keeping people safe Hunter can relax and practice out of his favourite pastimes.

(The house) is about 45 seconds away from the water so all I have to do is step outside and I can go fishing," said Hunter.

Although he makes it look like a breeze Hunter's job is not easy. He has to ensure all students, faculty and visitors to Conestoga follow the rules and when they are occasionally broken it is his job to hand out the punishment.

"It's very difficult to enforce the rules and Al does it as only Al can," said Harris.

Not only has Hunter made an impact on the college but he has also made a great impact on the people who work with him.

"He is fair. Whether you're a student or faculty we're all the same," said Janeen Hoover, associate registrar.

"He's a great guy," said Justin Falconer, president of Conestoga Student Inc. (CSI). He's the kind of guy you can just stop into his office to have a chat.

And that is the biggest thing Hunter will miss: the daily interaction with the students and faculty.

"My favourite thing is the interaction," he said. "People stop into the (security) office for various help relating to directions, parking and security concerns. We've even had someone stop in for help tying his tie. I'll miss that interaction the most."

If you stop by Hunter's office it won't take long to see just how much he enjoys his job and how important safety on campus is to him. He talks about safety and security with an undeniable passion and when you hear his hopes for the future of Conestoga's security you can't help but feel passionate right along with him.

"I do this job because I love to do it. There is no point in doing something if you don't enjoy doing it," said Hunter.

Those who work with him said he is tough but fair, firm but gentle, honest, professional and he doesn't mince his words. When he explains things he is clear and to the point without talking down to people or making them feel inferior. He is a cop in every sense of the word.

Hunter also has a soft spot for the students of Conestoga. When incidents happen he is quick to take the students side and he will do everything possible to help them work out the problem instead of removing them from the school.

"When we lose a student because of a breach in the code of conduct or any certain incident, I see that as a failure, not a success," said Hunter.

Although you may not get to see it very often, there is also a playful side to Hunter. An example of that was when he was a judge for CSI's Miss Oktoberfest pageant.

"He made an absolutely excellent Miss Oktoberfest judge," said Judy Dusick, CSI general manager.

Hunter's comments consisted of nominating each contestant's look and even inviting one out on a date.

Although he will be missed, Hunter's colleagues support his decision and wish him the best.

"He is at the point where he deserves to retire," said Kevin Mullan, vice president of finance and corporate performance.

"I'm glad he can retire," said Hoover. "Al won't all of a sudden be on your deck for coffee."

Although he is retiring, Conestoga has not necessarily seen the last of Al Hunter. He may be back for a visit or two.

"I'm not ready to pack it all up just yet," he said.

COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as [illegible] priority. Like vacuuming your room instead of beginning to read that [illegible] chapter. A few extra ten minutes of TV can eventually become the whole [illegible]. Sometimes students get stuck on one part of their project and [illegible] their [illegible]

[illegible] students need to recognize what avoidance [illegible]

CONESTOGA STUDENTS INC activities

OCTOBER

CONESTOGA STUDENTS INC activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 HEALTHY LIFESTYLES WEEK	5 JOSEY VOGELS SANCTUARY 11:30AM	6 PERFORMANCES SANCTUARY NOON CSI Idol	7 HEALTHY LIFESTYLES WEEK	8 HEALTHY LIFESTYLES WEEK
11 NO CLASSES THANKSGIVING DON'T EAT ME	12 CONESTOGA STUDENTS INC	13 SEMI-FINALS SANCTUARY NOON CSI Idol	14 OKTOBERFEST BOOBS TEAM QUEENSMOUNT OKTOBERFEST	15
18	19 PSYCHIC DAN VAENOS 11:30AM	20 IDOL FINALE SANCTUARY NOON CSI Idol	21	22
25 FRIGHT WEEK!	26 FRIGHT WEEK!	27 FRIGHT WEEK!	28 HALLOWEEN BASH SANCTUARY 9PM	29 FRIGHT WEEK!

CONGRATULATIONS TO THE FOLLOWING CSI IDOL FINALISTS!

GROUP #1
BARRETT CRESSMAN
SCOTT BARTLETT
ADAM FRIDENBURG
SACHI KELLER
MATTHEW RICHARDSON

CSI Idol

GROUP #2
CHRIS SOLIGUIN
MATT RUISS
IAN WATSON
ANDREA BROWN
MELISSA SCHEERER

SEMI FINALS - FROM EACH GROUP, 2 PEOPLE WILL BE CHOSEN TO PERFORM IN THE SEMI FINALS ON WEDNESDAY, OCTOBER 13TH AT NOON. FROM THIS GROUP, THE TOP TWO WILL BE CHOSEN TO PERFORM IN THE FINALE!

STAY POSTED FOR THE CSI IDOL FINALE OCTOBER 20TH AT NOON IN THE SANCTUARY

Have a stuffing good day!

By JENNIFER ORMSTON

For many Thanksgiving is important for one reason it falls on a long weekend.

But when Canadians fill their stomachs with turkey mashed potatoes and pumpkin pie, they should take a moment to reflect upon the holiday s meaning

Thanksgiving in Canada has a long history

It is thought the first North American Thanksgiving was celebrated in present day Newfoundland in 1578 when an English navigator named Martin Frobisher and his crew enjoyed a Thanksgiving feast.

However they were celebrating their safe voyage across the perilous ocean rather than an abundant crop according to www twilight bridge com.

During the next few centuries the holiday was observed infrequently It wasn t until 1879 that it became a national holiday

By that time European immigrants had established Thanksgiving as a time for giving thanks for the harvests just as they had done in their native lands. Filling a cornucopia, the horn of plenty with grain and produce is the most enduring European symbol of the day

For the next 60 years Thanksgiving was celebrated on many different dates in October and November It was briefly held on Nov 11 which was later declared Remembrance Day So in 1931 Thanksgiving moved to its final designation on the calendar the second Monday in October

In 1957 the Canadian Parliament declared Thanksgiving would be "a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed "

The tradition of giving thanks for harvests spans across centuries and continents

The annual Greek harvest festival Thesmophoria, was celebrated to honour the goddess Demeter who is said to have given the gift of agriculture to humanity

The ceremony included fasting and giving offerings of grains and pigs to the goddess.

The Mexican Aztecs gave thanks for the harvest in a different fashion human sacrifice

Such bloody tales are not void from North American history Some believe later Thanksgiving festivals were held in the United States to celebrate the massacre of hundreds of Indians by the settlers.

Historians say the first American Thanksgiving was held in 1621 when the newly settled Puritan pilgrims and the Indians who helped them establish their camps and crops came together to feast on the immigrants first bountiful harvest in the New World.

Now Americans celebrate the holiday with food and football on the fourth Thursday in November

Several Asian countries also have long records of giving thanks for the harvest

The ancient Chinese celebrated with the Chung Chiu festival. At that time cookies in the shape and colour of moons were baked and eaten The moon shape was significant as it was fabled that during the harvest holiday any person who looked to the moon and saw falling flowers would have good luck, according to www.holidays net.

The Jewish harvest holiday is Sukkot named after the portable branch huts ancient Israelites lived in while they roamed the desert for 40 years It was a joyous festival to celebrate the final gathering of crops Jews now commemorate the holiday by attending synagogue and eating special meals including fruits and stuffed vegetables to keep in line with the agricultural nature of the feast

Some Conestoga College students may be indifferent to the history behind the holiday and more interested in how they can make this year s celebration more festive for their friends and family

Debbie MacFadden, owner of Venice restaurant in Kitchener suggests one way to liven up the weekend is by experimenting with an unusual recipe.

One year her husband Brett Shantz, a longtime chef scooped the seeds out of small pumpkins and then used them as bowls for squash soup

Not that confident with your culinary skills?

Well even MacFadden a true gourmet, thinks there is more to Thanksgiving than eating.

This year she asked her family to bring non-perishable food items in lieu of a potluck, which she will donate to the local food bank.

"I think Thanksgiving is a day when it doesn t really matter what you eat or who makes it " she said.

"The most important thing is to be with the ones you love you family and friends and above all to give thanks for all you have.

To find out more about how ancient cultures celebrated Thanksgiving go to www twilight bridge.com

(Photo by Jennifer Ormston)

It s that time of the year again Students get to enjoy the first long weekend of the school year and least on turkey with cranberry sauce and yummy desserts at the same time!

Students unaware of risks of binge drinking

By JANET MORRIS

Each year 1 400 college students between the ages of 18 and 24 die from alcohol related injuries according to a report from the American National Institute on Alcohol Abuse and Alcoholism.

The report states that another 500 000 students are unintentionally injured while under the influence

Alcohol slows down the parts of a person s brain that affects their thinking, and brings out as well as their breathing and heart rate

The way alcohol affects people depends on many factors including age weight the surrounding environment, gender and whether a person has taken any other drugs

Throwing up or passing out after drinking, is an early sign of alcohol poisoning

Anyone who drinks too much alcohol too fast can die from alcohol poisoning

The public health nurse for the Regional Municipality of Waterloo said people at college or university don t tend to evaluate their level of drinking

"They tend to just party and don t even think of the amount of alcohol they consume" said Carol Perkins a registered nurse with a bachelors of science degree in nursing

Perkins, who has worked in public health for more than 20 years said the role of the public health department is prevention

"We are looking at doing upstream things to prevent people from becoming addicted to substances" she said.

Low risk drinking guidelines were developed to maximize fun and minimize risk said Perkins

"If you don t follow the low risk drinking guidelines you are more at risk for developing health conditions or having injuries" Perkins said.

"You might be more at risk for heart problems, different cancers and injuries from your slower reflexes "

According to the low risk drinking guidelines women should only have a maximum of nine standard drinks a week and men should only have 14 standard drinks a week, which means no more than two drinks a day she said

A standard drink contains 13 6 grams of alcohol

"There are lots of kids at university and college who would think nothing of polishing off a twelve pack on a weekend or even on an evening That s why above the low risk drinking guidelines" said Perkins

Kids are going to experiment this a part of growing up and adolescence she said.

"Experimentation is perfectly normal a part of the whole realm of growing from child to an adult she said.

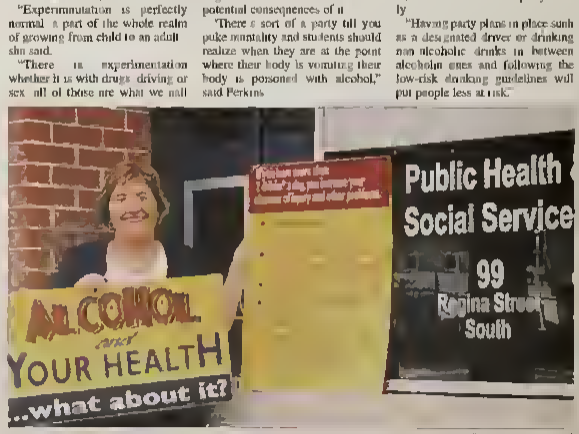
"There is experimentation whether it is with drugs driving or sex all of those are what we call risk taking behaviours

Perkins said binge drinking is huge and students don t realize the potential consequences of it

"There s sort of a party till you puke mentality and students should realize when they are at the point where their body is vomiting their body is poisoned with alcohol," said Perkins

She said a really good thing to have would be to get people to try and think about how to party safely

"Having party plans in place such as a designated driver or drinking non alcoholic drinks in between alcoholic ones and following the low-risk drinking guidelines will put people less at risk."



(Photo by Janet Morris)

Carol Perkins public health nurse for the Region of Waterloo has a few tips for students who drink without considering the consequences

Achieving a healthy lifestyle is possible

It can even be accomplished on campus

By KRISTEN MCMURPHY

The Freshman 15 fear is implanted in most students before they even begin their post-secondary education.

Classes, assignments, part-time jobs, and maintaining a social life make for a hectic schedule with little time for anything else, and it is usually because of this that many students see a big decline in their health during the school year.

Cost matters, as the greasy foods become a staple food group that provides little or no nutritional value. Slowly but surely the infamous student weight gain begins.

Say hello to the Freshman 15. If you're not already aware, the 15 refers to the number of pounds you are expected to gain before the school year is over.

With this week being Healthy Lifestyles Week, it is a good idea to cut our bodies some slack and take a vacation from the food demons that tempt and torment us this second our stomachs beg it to grumble.

A lunchtime cruise through the cafeteria can be a challenging experience for students trying to improve their eating habits. The healthy food is out there but it is hiding in the midst of hamburgers, pizza slices and French fries.

John Kast, Conestoga's food services director says the healthy choices offered in the cafeteria aren't just available during Healthy Lifestyles Week.

"We try to provide healthy food on a daily basis," says Kast. "I very healthy when you look at the selection of food in terms of our soups, fresh vegetables and other healthy options."

The salad bar in the main cafeteria is a good place to start. It's packed with a fresh and healthy variety of vegetables, salads and lighter salad dressings. For under $5 you get a 10-inch plate to fill.

> It's very healthy when you look at the selection of foods in terms of our soups, fresh vegetables and other healthy options
>
> *John Kast*
> *food services director*

Pitas and wraps are healthy choices offered, but can become the opposite if they're piled with cheese and condiments like mayo or oil-based dressings.

Conestoga's food services provides an assortment of foods for every eating style, but there is no question that the healthy food choices are there.

"It's up to the customers to choose how healthy they should be eating," Kast says.

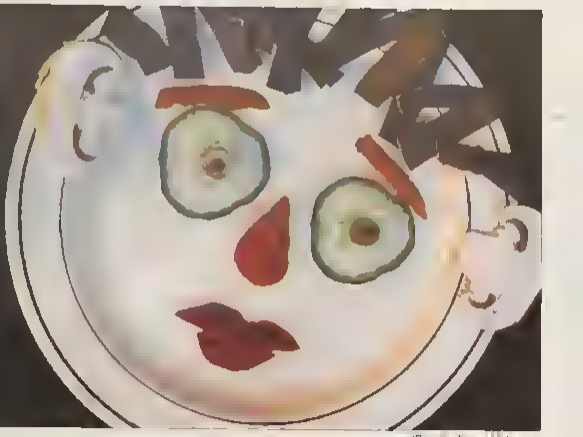
As an alternative to a cafeteria lunch, purchase, three's always the option of bringing a lunch from home.

Not only will you save money this way but you won't have to wait in long lineups and you will know exactly what you're eating.

Microwaves located in each cafeteria can breathe a second life into leftovers.

If healthy food just isn't your thing, try giving it a week starting today, the first day of Healthy Lifestyles Week.

A full stomach is a full stomach regardless of what you use to fill it. Think of the food you eat as fuel for your body and do your best to refuel with the best grade, you can find.



(Photo by [illegible])

Embrace Healthy Lifestyles Week by filling your plate with nutritious foods including choices from all of the five major food groups: dairy, meat, vegetables, fruits and grains.

Take simple steps to battle student overspending

Tips include taking the bus, using the library and bringing your lunch to school

By CHANTELLE TIMPERLEY

Having financial problems? If you are not yet faced with them, do not get too comfortable. It is still early in the year and the worst has yet to happen — that is, if you are incapable of managing your money.

Although some students have [illegible] their needs for the school year and others have savings from working, it is easy to think that most will squander what they have in some way. When thinking about how much money that totals at the end of the year, it is every little impulse buy worth it?

Students need to think about planning earlier and being aware of the costs associated with school. Some students do not follow a budget. Some students draft one up and never stick to it. Some have never been taught about it or even thought about it.

Some are just incapable of saving money.

Research is one thing every student should be doing when it comes to their finances. Determine things like which bank gives the best rates, which accounts are best for keeping your money in and what the best ways are to save money. Know where your money is going.

Get a bank that is close to you and do not use ATM machines that are not from your bank. Know how to limit yourself. Go back and revisit your budget and reduce it as much as you can.

Some other tips to avoid financial trouble are to stop impulse buying, only charge items if you can afford to pay for them, stay away from large rent payments and find alternatives to spending money. Go to libraries instead of bookstores, for example.

If students still feel like spending money but are looking for ways to spend less of it they could opt for making their own lunches instead of buying them. They could take the bus instead of drive. Go to the movies on a cheap night instead of paying full price any other time. Look for ways to save and still have a good time.

Janeen Hoover, associate registrar who has been at Conestoga College for 20 years, said students sometimes spend too much money on conveniences rather than things that are economical such as fast food and daily stops at the coffee shop.

"I see students who probably spend more on it than I can, and I'm working," she said.

"I just think our society has a real skewed view on a need versus a want. I think that's a large concern."

Hoover said students need to watch themselves when it comes to spending money that is not theirs.

"If you have to borrow money be very careful how you borrow it," she advised. "Stay away from credit cards."

Hoover said to not be afraid of asking questions, and that the financial aid office counselors to be available for advice and help on managing money.

"Look for ways to save money, then share that information with everyone."

"We want to see students succeed."

Hoover recommended The Debt Free Graduate: How to Survive College or University Without Going Broke by Murray Baker and Chness? Nfu!! by Jennifer Smiley and Cynthia Shell as reading material for students struggling to make ends meet.

She also suggested students have a look on the Conestoga website to see what awards and options are available to those in need of money.

Students also gave some insight on things their classmates often enjoy spending money on to cause them to overspend, such as technology and material goods.

Ashley Priestley, a 19-year-old first year nursing student, said she thinks students spend too much on school supplies that are not essential.

"I think they buy every single book that's recommended when it's not necessarily needed," she said.

Laura Schnarr, a 19-year-old second year business administration management studies student, said she thinks students often overspend on drinking.

"I honestly think that would be the number 1 thing," she said. "I like to spend a lot of money on clothes too."

Jeff Ryan, a 23-year-old first year civil engineering student, said entertainment is something he notices many students spending their money on.

"It's not necessary but people do it," he said. "They want to have something to preoccupy themselves with to take them away from their studies."

(Photo by Chantelle Timperley)

Lisa Sass, a first-year materials management student, with draws money from one of the campus ATMs. Many students are unaware of the fees for using machines not associated with their bank.

Annual festival unites community

Kitchener celebrates Word on the Street in Victoria Park

By MELISSA HANCOCK

Reading is important for people of all ages

"It's a great thing to do" Kitchener Mayor Carl Zehr told an audience at the third annual Word on the Street festival held at Victoria Park on Sept. 26

Zehr said in an interview that he has been to the festival every year and enjoys it because it gives him a chance to get out into the community

The festival is held to promote literacy. Attractions included the Canadian Children's Reading Tent author readings, book sales, literary displays and demonstrations. There were also live performances by various local music artists

The festival is locally sponsored by CKCO TV, The Record, 96.7 CHYM FM and 570 News. National sponsors included Amazon.com, the National Literary Secretariat, Transcontinental, the Department of Canadian Heritage, Webcom and Kumon

The festival featured more than 40 exhibitors who represented book and magazine sellers, small presses and publishers and literary organizations from across the region

Zehr read Franklin and the Contest by Paulette Bourgeois, to an audience of children and adults

He said he also goes to schools around the region to read books to children in their classrooms

(Photo by Melissa Hancock)

The Record's lifestyles editor Carol Jankowski says the newspaper shows support for literacy by sponsoring the annual festival.

"I live in an adult world," he said. "It's nice to interact with the younger crowd from time to time."

Other children's books were read by various authors and a craft table was set up for kids to make something to take home with them.

For Matt Crawley, 15, of Kitchener this was his second year volunteering at the festival.

"I love being a member of the information centre," he said. "I like to see all the people."

He also said the festival is a great way to meet people who are in the editing and publishing business.

"I'm an author in the making."

> "I live in an adult world. It's nice to interact with the younger crowd from time to time."
>
> *Carl Zehr*
> *Kitchener mayor*

Crawley said, "It's a way for me to connect."

Each year the festival is co-sponsored by The Record newspaper. Balloons, bookmarks and newspapers were handed out by Record staff members.

Lifestyles editor Carol Jankowski said, "We want to show our interest in literacy. It's important."

People visit The Record's booth to comment on certain articles they have seen in the newspaper, she said, or they comment on things they would like to see in the paper that they haven't already.

"It's great to hear from people."

The Record also had several importers speak to audiences members about what it's like to cover the news for the city's paper.

Country music artists and songwriters Jason Blaine, Jason Barry and Jamie Warren were at the festival to perform and answer questions from the audience about writing song lyrics. They gave tips for aspiring artists on how to get started in the songwriting business.

The three country singers sang songs they wrote and that have been produced, as well as some other songs requested from the crowd. Barry also performed a song he wrote for his young daughter who was in the audience.

Blaine was recently nominated for the Canadian Country Music Association (CCMA) award.

Chuck Erion, 53, co-owner of Words Worth Books, said he was happy to be back as one of the exhibitors at the festival for the third year.

"There's lots of buzz and traffic," he said. "and the weather couldn't have been better."

Various books were for sale at the Words Worth booth and Erion said it had been a pretty good day for sales.

Kitchener resident Anita Good said she goes to the festival every year because she can always find some early Christmas gifts to buy.

"Everything for sale here is very economical," she said. "It's good for the kids and good for the community."

Photograph inspires local artist's work

Artwork on display at University of Waterloo Art Gallery

By MELISSA HANCOCK

Part nine of an ongoing series of artwork by a Kitchener resident is on display at the University of Waterloo Art Gallery

Allan Harding MacKay, a native of Prince Edward Island, has various pieces on display at the university for public viewing free of charge. The opening inception was held on Sept. 16 and the display will run until Oct. 28

The artwork, inspired by a photograph published in a 2003 Toronto Star newspaper, is amazing to look at, said Kathryn Tyrrell, 21, a third year art student at the university

The photograph is of citizens in the streets following the ousting of President Eduard Shevardnadze in Georgia in 2003

Tyrrell said the artist makes large copies of the photograph taken by photojournalist Vasily Fedosenko and adds certain things to make it unique

"He paints a candle in each picture and uses actual candle wax for texture," she said. "It's quite spectacular"

She said it is as if an element of political strife has been added to the photograph

For more information and gallery hours call 888-4567, ext. 3575 or visit www.artgallery.uwaterloo.ca.

Sliders DVDs need more bonus material

By DENISE MULLER

I may have been a bit [illegible] the TV series Sliders and am [illegible] the first season [illegible] available on DVD box set. I [illegible] buy it for the bonus [illegible]

Sliders explored the [illegible] a time [illegible] who [illegible] between parallel [illegible] of the [illegible] premiered in the spring of 1995 on the Fox television network. It originally starred O Connell Derricks John Rhys Davies as Professor Maximilian Arturo and Sabrina Lloyd as Wade Welles. The show ran for five years.

After viewing the extra features I would suggest only buying the box set for the bonus of the episodes. There is only a limited amount of bonus material on the six DVDs and the material itself is mediocre. There is no commentary for the pilot by writer Tracy Tormé and [illegible] Robert K Weiss. Usually the pilot commentary is enjoyed by the [illegible] giving them an insight into the show and feeding the viewer little tidbits of background information. Although the commentary does this to an extent it seemed more like Tormé and Weiss were cracking inside jokes with one another or babbling uselessly over the pilot. Their commentary started out well as they talked about Jerry O Connell's character (Quinn Mallory) at the beginning of the segment, but it quickly grew to what I perceived as, white noise. There was rarely a comment about why some things [illegible] the way [illegible] always thought it was nailed the making of. It was there, to my the least. Fourteen minutes and eight seconds short to be exact. And not one special effect in sight. I would have thought that since Sliders was so well known for its wonderful effect, The Making Of could have at least touched on that. Instead I saw O Connell Tormé Weiss and Cleavant Derricks (Rembo and Lee "Crying Man" Brown) talk about the show and how they felt about it and the characters and what the different roles of all the characters were. The only thing I found enjoyable was hearing from the cast and crew what the fans said about the show. It really just seemed like a quick overview of all the episodes with the cast and crew [illegible] picks.

The Photo Gallery was really just disappointing. I was looking to watch the I thought it all else fails the photographs should be good. You can't really mess up a photo gallery, can you? Apparently so. The gallery was set up as a slide show with mostly screen shots of all the characters using the worm hole as a transition between them and the same music in the background as soundtrack. The whole thing lasted for one minute leaving the viewer no option in control the speed at which he or she views the images or in what sequence. And here I thought I would scroll through some time [illegible] pretty cool stuff.

Something else I find incredibly odd is that the cracks in the DVD box set were mainly listed under the bonus material section. I have never seen before. I always assumed they just play at the end of the episode on the last DVD. On the other hand the layout of the menu and its options is well [illegible] the menu. I have the option to play all the episodes in the DVD or to the episode index. Only I wish DVD but the six DVDs [illegible] language [illegible] the bonus material. Each episode index gives you the option to [illegible] episodes as summary and even the date it was aired. All in all the menu is well thought out informative and easy to navigate around. On a side note some of the episodes seem to be [illegible] sequence by two episodes although the dates concur but the [illegible] minutes and plots do not.

The Sliders box set resells anywhere from $79.98 to $77.99 at retail. I may be a fan but for what I've seen I'd not pay anything close to the price. A word to the wise if you buy you'll buy set elsewhere perhaps for cheaper you could stumble into other problems. I bought online on eBay and ended up with eight DVDs instead of six. All the episodes are there but I matched out over 8 DVDs. Unfortunately my episode index still is only set up for six. It was a little confusing at first, but that's what I get for wanting to save a buck or two or $20.

(Photo by Dan se Muller)

The first and second season of Sliders became available on DVD on Aug. 1. The show which premiered on Fox in 1995 ta[illegible] for five years.

Star Wars on DVD: Well worth the wait

By MIKE FORS

Grab your Chenzins and fuzzy lightsabers (that would be anything inhalers to you non Jedi) the original Star Wars trilogy has come to DVD.

Well not exactly. Although Episodes IV V and VI are now available they are not the original editions. Instead series creator George Lucas decided to clean up (or redo) most of the special effects and add some new stuff to keep up-to-date with the technology of today as well as the Star Wars prequels.

The changes range from noticeable (it's funny that the computer-generated Jabba the Hutt in the original looks better than the rubber suited one in Episode VI Return of the Jedi) to effective (the dog fights in space have never looked better) to downright blasphemous (the ghost of Hayden Christensen as Anakin Skywalker now appears at the end of VI instead of the random old guy).

The special features are plentiful and insightful so all but the most dedicated nerd should be satisfied.

There are three documentaries on the characters of the Film one on the birth of the lightsabers and one on other filmmakers (Peter Jackson James Cameron and Steven Spielberg) just to name a few) praising George Lucas for fundamentally changing movies.

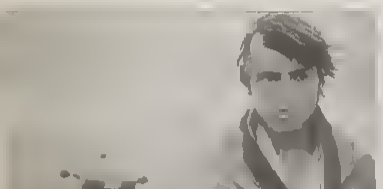
Each documentary is centered on five different reasons. In The Characters of Star Wars we learn that Luke (Mark Hamill) was at one time a dwarf. Chewbacca was based on Lucas's dog and Han Solo (Harrison Ford) was originally green and had gills. The Birth of the Lightsabers has Lucas rationalizing why they light saber fights than progressively gotten better throughout the film series (trying to hide the fact that it's only because the special effects have improved). It's both interesting with other film makers praising Lucas in the Force with them however that is the direct most revealing feature. This increasing Lucas's immense ego simply by the inclusion of the documentary. But this is forgiveable due to the truth behind the ego which is that Star Wars really did change the way movies are made probably more than any other film before or since.

Empire of Dreams: two and a half hour documentary is the real highlight. In it we learn interesting little tidbits about each film such as everybody but George Lucas (Episode V The Empire Strikes Back director Irvin Kershner and Mark Hamill thought Darth Vader told Luke that Ob Wan killed his father instead of revealing himself to be Luke's father. We also learn the complications of making a film that almost everyone in the film industry thought would be one of the biggest jokes Hollywood ever produced.

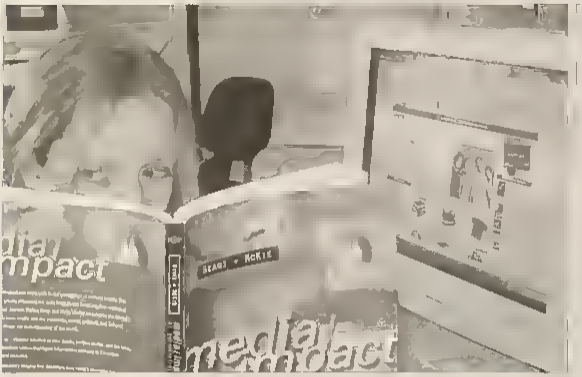
As great as these extras are, no special feature on this disc (or any DVD for that matter) can compare to the part in the Indiana Jones DVD documentary when Lucas matter-of-factly reveals why the new Star Wars films just aren't that good. Lucas says the reason he got Steven Spielberg to direct Raiders of the Lost Ark instead of himself is because he's just far too lazy a guy for that.

When all is said and done were the Star Wars trilogy on DVD worth the seemingly endless wait? Absolutely. To be honest I really couldn't care less about the special features. These films belong in an entire class where it doesn't matter how they are made or the impact they've had. What matters is how they bring out that heroic childhood joy in all of us that we think we've lost.

Of course the Empire falls I know Him and Leia (Carrie Fisher) end up together. Who doesn't know Darth Vader is Luke's father. I've seen it all before and I'll watch it all again. But my anticipation of viewing will prevent me from getting goose bumps every time I see Darth Vader talk from his seat in the Empire and proclaim "I am your father." No, I'll just be [illegible] the crystal clear definition.



Luke Skywalker is once again fighting the dark side in the much anticipated Star Wars DVDs.



(Photo by Desiree Finkert)

The National Association of College Stores warns that books bought online may not always be cheaper

Buying books on campus versus online

By DESIREE FINKERT

If you've been waiting for one more paycheque before buying your textbooks you may also be interested in the cheaper alternatives to the bookstore at Conestoga College's Doon campus

I compared the prices of some of the books for two Conestoga programs at the bookstore to four online book sites to find out who offers the best deals

The first site, Bookaforschool.ca was recommended to me by the site's vice president Lawson Hornick who was unavailable for comment after reviewing the site

I crosschecked the eight textbooks for accounting and co-op and financial planning, semester one and the 13 textbooks for practical nursing semester one, with the Bookaforschool website and found that out of 21 books, they offered zero

This doesn't mean the site doesn't offer some of Conestoga's mandatory textbooks for other courses

Chapters online was slightly more helpful advertising one book for first semester accounting Business Mathematics in Canada 4th edition in sold at the bookstore for $112.95 The same book at Chapters is $92.95 new and $68.95 used a maximum savings of $44

When comparing the first semester books for practical nursing Chapters offered six out of the 13 needed for the course All of Chapters books were cheaper but I had without taxes or shipping charges Some were as little as $5.89 less than the bookstore price Others were substantially more

Dosago Calculations 7th edition, is listed at $71.25 in the bookstore but at Chapters it's $44.95 a $26.30 savings

Ecampus.com offered an even better selection than Chapters with a wider variety of new books used books in good condition, old editions and used books in poor condition

Ecampus had three out of eight books needed for first semester accounting

The best savings was $37.47 for Excellence in Business Communications 1st Canadian edition

In the bookstore this book costs $72.95 You can get it used for the low price of $27.74 but if you want it new Ecampus's price is higher than the bookstore at $78.58 or $5.63 more

> "The bookstore has a prescribed markup that's across the board"
>
> *Mari Andraza*
>
> *manager of retail operations and campus services*

Ecampus has eight out of 13 comparable nursing texts The above mentioned Dosage Calculations is listed for $52.15 that's $19.10 cheaper than the bookstore but $7.20 more than Chapters

It would seem that online shoppers are more likely to find their textbooks at Ecampus, but would pay less at Chapters if the book is in stock

However if you don't have time to go to every site and compare prices, there is one site that does the work for you

At Campusbooks.com you can search for your book and the site will compare the prices for you

Campusbooks found that Dosage Calculations is selling for $52.81 at Classbooks.com $23.43 at Ecampus.com (even less than my comparison) $11.99 at Campus Books marketplace, $9.55 at Textbooks.com, $6.44 at Alibris and $5 at Abebooks. All of these prices include taxes and shipping and a breakdown is provided

Buying books online

- Double check the edition to make sure it matches the one the course requires
- Companies might not accept returns
- Will the book be on time for class? Online companies usually order books from a distributor before shipping to a home address.
- Added fees may include shipping and taxes. Other hidden fees may include the actual price
- Some online discounts don't actually exist

Bookstore

Conestoga's bookstore manager of retail operations and campus services Mary Andraza, said she knows there are different avenues for students to get books

The bookstore has a prescribed markup that's across the board, said Andraza "Some of that obviously goes to pay for the facilities and the staff It's not all pure profit for the bookstore"

Andraza doesn't insist on the convenience that her family offers the students Shopping online involves shipping over a period of days, whereas if you have an open book test next period, shopping at the campus's bookstore allows you study time while waiting in line.

Warnings

The other disadvantages to shopping online are marked out by the National Association of College Stores (NACS)

The NACS published a pamphlet entitled Five Tips for Saving Money on Buying Textbooks in 2003, outlining the do's and don'ts of buying books online

Double check the edition to make sure it matches the one the course requires This is important because some companies do not accept returns.

Will the book be on time for class? Online companies usually order books from a distributor before shipping to a home address Also added fees may include shipping and taxes Other hidden fees may include the actual price And the NACS warned some online discounts don't actually exist

Horoscope

Week of Sept. 27 2004

Aries
March 21 - April 19

Lately you have been having trouble coping with all of your dimensions Jaline Renard says as you grow to understand life's lessons and lessons you'll learn to love it more and more

Taurus
April 20 - May 20

The season is changing and so is your look. Try something new even if you are afraid it's too daring You need this style change it will allow you to see the world in a new light

Gemini
May 21 - June 21

Your split personality is an asset but not this week You are being perceived as wishy washy when you treat people differently depending on who they are Stay consistent

Cancer
June 22 - July 22

Even if you're not sure you've made the right choice stick with your arrangement There is a valuable lesson to be learned when all is said and done

Leo
July 23 - August 22

Your sexual prowess and keen sense of attract on has linked into high gear Be careful who you direct that towards you might get more than you bargain for!

Virgo
August 23 - September 22

You're sad and you know it Why the funny mask in front of it all? It's ok to show your emotions when things get to you Stop pushing your feelings to the back burner

Libra
September 23 - October 22

Just like Usher you have some confessions to make Get on it pronto No matter how hard it is to tell the truth you wait the worse it will get Yeah!

Scorpio
October 23 - November 21

Check both ways before crossing the street. Two unexpected things will come at you and if you don't look you might get creamed

Sagittarius
November 22 - December 21

Scrap the attitude luster You need a reality check and hero it is The world does not revolve around you so please do every one a favour and leave your ego at the door

Capricorn
December 22 - January 19

Can you say overwhelmed? Good now do something about it This one might be a tough call and you may not want to pay the phone bill but it has to be done

Aquarius
January 20 - February 18

Being on this road is anything but sure says the band Yellowcard Maybe we'll forget, I hope we don't forget. Appreciate the awesome time you had with that special someone.

Pisces
February 19 - March 20

Pillow talk can be great but it really muffles the conversation Try taking your issues to a less intimate setting and you'll accomplish more

Janet Morris is a 2nd-year journalism student in tune with the universe.

Saints and sinners come to Stratford

By JANET MORRIS

The Stratford Festival announced its 2005 season on Sept. 15

The season will include 14 plays in its four theatres under the theme of Saints and Sinners in theatrical literature said artistic director Richard Monette

In a press release Monette said in the aftermath of 9/11 the world became a more polarized place for many people a place of good and evil black and white.

As I was initiating the play bill for 2005 it struck me that many of these plays are about the tension between the non trary impulses of the human soul" said Monette

He said Stratford has a festival of plays about saints and sinners because every one is one or the other and sometimes both.

The comedies on the play bill promise delightful variations on the theme of saints and sinners said Monette

The playbill features three works by William Shakespeare the Tempest As You Like It and Measure for Measure

Two works by American playwright Tennessee Williams will be performed They are Orpheus Descending and The Lark.

A drama by French author Jean Anouilh will also be featured

Further productions include a comedy by Noel Coward four new or revived Canadian works as well as the Broadway musicals Hello Dolly! and Into the Woods

This will also be the festival s first-ever production of Edward II, a work by Shakespeare s contemporary Christopher Marlowe

The festival will present Tennessee Williams Cat on a Hot Tin Roof to mark the 50th anniversary of that play s debut

Executive director Antoni Cimolino said Monette has succeeded in creating a play bill that will both challenge and entertain theatregoers who come to Stratford

"Whether we think of ourselves as saints sinners or a mixture of both, we can see in these plays how good and evil battle for control of the human heart said Cimolino

He invited friends of the festival and newcomers to visit Stratford and see the country s finest artists at play

The price for full time students year round is $29 15 for any show and tickets for all others excluding seniors range from $32 32 to $83 16.

Tickets for the 2005 season will be available to purchase Jan 8 2005

A treat for Harmer fans

By JUSTIN BASTIN

A hush fell over the crowd Wednesday night as Sarah Harmer stepped short in the middle of Alexander to try and remember the words "I don t forget the lyrics to this song," she said With a laugh she shrugged it off and continued her set just as professionally and polished sounding as before.

For two and a half hours the audience was treated to songs from both her last album You Were Here (2000) and her latest All of Our Names (2004)

The small concert hall atmosphere of Guelph s River Run Centre complemented the intimate nature of Harmer s songs and the sound quality was excellent.

From the warm jangle sound of a Fender Telecaster to the subtle finger picking on Harmer s acoustic every nuance could be detected

Many of the songs sounded almost as if they d been pulled straight from the studio and onto the stage with little difference from record to live performance

Basement Apartment and Don t Get Your Back Up two hits from You Were Here were performed with a refreshing new power pop quality to them almost bordering on telecaster powered jangle pop

Opener Josh Ritter of Idaho gave an impressive performance revealing a sound both familiar and original He instantly won over the audience with his slightly awkward charm and laidback but whacky sense of humour

(Internet photo)

Sarah Harmer's homespun melodies and quiet charm warmed a Guelph audience at the River Run Centre Harmer's latest album is All of Our Names

Starting off his set with probably the best song of the entire night he drew the audience in with a subdued but powerful ballad

Of note was the way Ritter was able to take simple melodies and spin them into captivating tales accessible to people of all ages

His repertoire mixed upbeat almost frantic songs like Hotel Song with slower ballads such as Beautiful Night and middle of the road lilting rhythms like Kathleen.

Many of his songs were heavily organ backed and his vocals often seemed reminiscent of Blue Rodeo s Greg Keelor

Mix these qualities with warm twinkling guitar riffs and you have a band that sounds both homey and refreshingly bright

Ritter has two albums Golden Age of Radio released in 2000 and Hello Starling released in September 2003

Fans of folk-country and mainstream radio alike will most likely find both Harmer and Ritter appealing

For more information on Harmer and Ritter visit www.sarahharmer.com or www.joshritter.com

Irish pub grub just around the corner

By JEN GALHARDO

Have you ever been so hungry that you scavenged the cupboards only to find there was nothing to eat? Or maybe you just didn t feel like cooking Are you tired of heading over to MinDonalds for a meal? Then perhaps Molly Bloom s Irish Pub can help

Locations

- Waterloo
- Guelph
- London
- Collingwood
- Stratford

The waitresses dressed in kilts provide good, fast and, most importantly friendly service Personally friendly service is at the top of the list because it makes me feel more at home in the restaurant

The waitresses at Molly Bloom s come and greet you as soon as you sit down and they will take your order right away

Molly Bloom s, at 60 Manitou Dr in Kitchener (at the corner of Fairway Road and Manitou Drive in the same plaza as Wendy s) has a great atmosphere It reminds me of a type of bar that I would go to and yet it also reminds me of a place I would visit to just hang out with my friends.

The restaurant has really good hours since it is open from 11 a.m right through until 2 a.m everyday

I find they offer great food at affordable prices The fish and chips single piece dinner is delicious and filling at only $6 99

However I definitely recommend their chicken wings also known as Watson s Wings For $8 99 you will get a plate of crispy yet tender wings as well as carrots and dipping sauce

In fact if you find yourself not a fan of wings then going to Molly Bloom s on a Tuesday is definitely something you should consider

On Tuesdays, the restaurant offers chicken wings at the affordable price of 29¢ a wing it is the perfect day to drop in with a few friends have a few drinks enjoy some chicken wings and watch some television.

This restaurant is much like an old-style pub with wooden booths tables and chairs however it has a modern twist with an outside patio

With music, and people laughing and having a good time all around you you cannot help but have a good time yourself

Molly Bloom s is also located in Waterloo Guelph, London Collingwood and Stratford

(Photo By Jen Galha ro)

Molly Bloom s is an old style pub with great service

Barry Bonds — the greatest player ever?

By JON YANEFF

San Francisco Giants left fielder Barry Bonds has solidified his place in Major League Baseball (MLB) history hitting his 700th career home run

The 40 year-old slugger joined Hank Aaron and Babe Ruth as MLB s only 700 home run hitters on Sept 17

Bonds hit the historic homer off of San Diego Padres pitcher Jake Peavy in the bottom of the third inning during the Giants 4 1 win at SBC Park in San Francisco

Bonds is now chasing second place Babe Ruth s mark of 715 home runs on the all time list. Hank Aaron s record of 755 home runs is also on the horizon, and will probably be reached in one of Bonds next two MLB seasons

On April 13 of this year Bonds surpassed his godfather and hall of famer Willie Mays on the all time home run list with his 661st long ball

The home run king is arguably the best MLB player of all-time Some of his other achievements include six most valuable player awards 13 all-star appearances eight gold glove awards and he is the only member of the 500 home run 500 stolen bases club Bonds also holds the record for the most home runs in a season with 73

Bonds does a lot for his baseball club has to put up with the media and also has had some problems in his personal life After the Giants lost the 2002 World Series against the Anaheim Angels he lashed out in frustration at the media as he refused to answer questions His father Bobby died on Aug 23 2003 at the age of 57 after being ill for nearly a year with lung cancer and a brain tumour Earlier that year on Dec 5, he appeared before a grand jury which focused on possible tax and drug violations by a nutritional supplements lab BALCO of which Bonds is a client.

Despite all this, year after year the all star makes the Giants a contending team As of Sept 26 the Giants were a half game back of the Chicago Cubs for the National League wild card position with an 87-69 record The Giants are also two and a half games back from the West leading Los Angeles Dodgers

Bonds is a legitimate future hall of famer When he is eligible for a spot in the hall he will be inducted

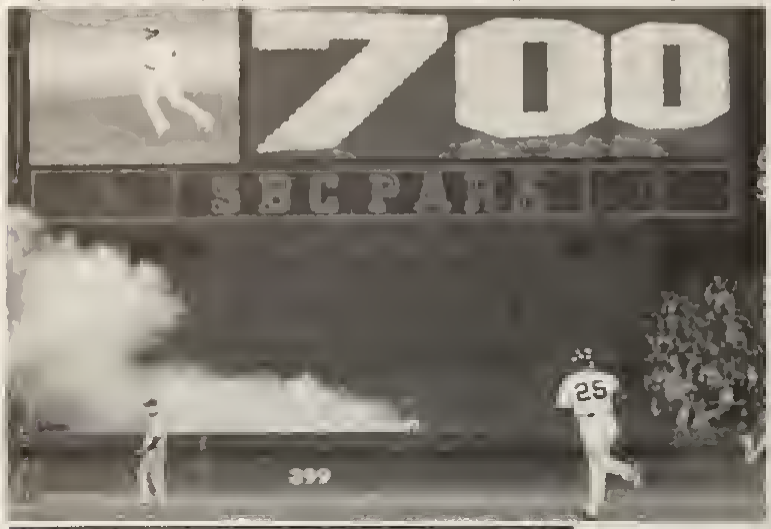
Players these days are bigger faster and better than when Ruth or Aaron played baseball

Is credibility lost because of the advantage of supplements and steroids? I don t think so

Years go on and times change so players are bound to get stronger through supplements and steroids In turn, records will get broken more easily

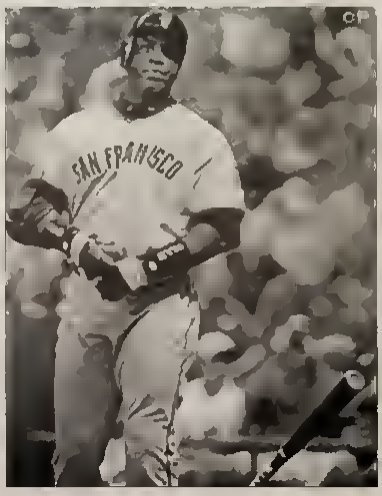
I believe Bonds most certainly is the best player in the game because of his consistency at the plate and because he makes his team a contender Giants fans would no doubt agree with me. He does have difficulty controlling his anger, but that has nothing to do with the way he plays baseball.

Time after time Bonds will be in the news for something he has said to the media. As fans we just have to enjoy the way he plays.



(Internet photos)

Barry Bonds (above) hitting his 700th home run joins Hank Aaron and Babe Ruth to become part of the elite 700-club Bonds (below) shows his frustration at being walked again No one wanted to be the pitcher who gave Bonds his 700th home run He has been walked 222 times this year alone



TIPS FOR ACADEMIC SUCCESS

"People with goals succeed because they know where they're going" Earl Nightingale

Below is a list of the advice that I give most often to students.

KEEP UP It's more manageable to do a little every day than to try to catch up on a week s worth of work on a Sunday afternoon

REVIEW CLASS NOTES Reviewing class notes as soon as possible after class increases understanding and retention, up to 80%

ENGAGE IN ACTIVE LEARNING Anytime you can interact with or think about the information in a new way, you increase understanding and retention (examples organize or rewrite notes, make charts, draw pictures, make flashcards, or discuss your learning with others)

SET ASIDE A STUDY AREA. Setting aside a quiet, separate place in your home to study, and always studying there, is an effective strategy

WORK WITH YOUR ATTENTION SPAN. Find out what your optimum attention span is study within it, and take breaks when needed

Managing time setting priorities, asking questions, and seeking help when needed are the skills that make learners successful To make an appointment for learning strategy assistance, visit the Student Services Office

A Message from Learning Strategies
Visit our website http://www.conestogac.on.ca/jsp/stserv/index.jsp

Raptors franchise player wants out

Vince Carter is no longer happy playing in Toronto

By BRENT GERHART

When Vince Carter was acquired by the Toronto Raptors on June 28, 1998, he was to become the team's franchise player but now going into his seventh NBA season, Carter wants out of Toronto.

The 27 year-old guard out of North Carolina began displaying his displeasure for the Raptors organization after they selected six foot 11 inch centre Rafael Araujo of Brigham Young University with their first round selection in the 2004 NBA draft.

Soon after the draft, the 1998-99 NBA rookie of the year notified Raptors management he did not approve of the direction the team was heading and demanded a trade.

After originally refusing to comment on his trade demand, Carter finally broke his silence on Sept. 14.

Since Carter began going public, the trade proposals have been brought forward but for now, the five time NBA all star remains a Raptor.

A recent rumour has the Raptors in talks with the New Orleans Hornets in a trade that would send Carter to the Hornets for guard Baron Davis.

Davis, a third overall selection in the 1999 NBA draft, has plenty of potential and could be the kind of leader the Raptors need but like Vince Carter, he has had a lot of injuries.

Davis, a 25 year old out of UCLA, played his first three NBA seasons without missing a game, but his last two seasons have been shortened to 50 and 67 games of the 82 game season due to injuries.

Although the Hornets star player may have only played 67 games last season, he enjoyed his most successful season to-date by averaging 22.9 points per game and leading New Orleans to the playoffs with a .500 record.

Carter may not have led the Raptors to the playoffs, but he also had a successful season averaging 22.5 points per game while playing in 73 games.

Aside from the Carter-Davis swap, another possible trade between the Hornets and Raptors making noise is a six player deal that would see small forward Jamal Mashburn, shooting guard David Wesley and Toronto native Jameal Magloire come to Toronto for Carter and two other former first round draft picks, forward Donyell Marshall and forward Jerome Moiso.

Two other trades still being considered have Carter either going to the Seattle Supersonics for another injury-prone guard Ray Allen or to the Minnesota Timberwolves for 7 foot centre Michael Olowokandi and small forward Wally Szczerbiak.

(Internet photo)

Vince Carter has not been happy with the direction the team has been heading in

If Carter is dealt before the beginning of the season, Toronto must acquire someone who can contribute similar statistics to the 2000 Olympic gold medallist as well as hope rookie centre Rafael Araujo can make an immediate impact.

Other Raptors who must play more of a pivotal role if Carter does get traded include former All American Morris Peterson whose points-per-game total dropped 5.6 points last year from the 2002-03 season and forward Jalen Rose who averaged 16.2 points-per game in 50 games with the Raptors last year.

Even though the six foot seven inch Carter demanded he be dealt from Toronto before training camp begins on Oct. 5, it would not be a huge surprise if he still went into camp as a Toronto Raptor.

The NBA preseason begins on Oct. 10 and the regular season tips off on Nov. 2.

The Toronto Raptors begin their season on Nov. 3 against the Houston Rockets at the Air Canada Centre.

(Internet photo)

Carter has been vocal about wanting out of Toronto

(Internet photo)

The Raptors had hoped to keep Carter as their franchise player

Intramural sports get underway with flag football and slo-pitch

(Photo by James Clark)

Matt Brown, quarterback for the Local Heros, gets ready to throw to one of his teammates during the first week of intramural play at Conestoga College

By JAMES CLARK

Intramural sports are underway for another season at Conestoga College.

The warm weather made the first week of flag football and slo-pitch enjoyable for everyone who came out after school to play their favourite sports.

Slo-pitch games are held on Tuesdays and Thursdays at 4:30 and 5:30 p.m. Flag football games are held on Wednesdays during the same hours.

Corinna Coleman, a law and security administration student who supervises the slo-pitch leagues, said there are many reasons why students come out to play.

"It helps keep them active and gets them out so they can meet people," she said.

Coleman added the warm weather is just a bonus.

"So far it's been beautiful. It's just like summer in September."

She also said some programs like the firefighting program put in their own teams.

"It makes it interesting, we get some good rivalries."

Twelve teams make up the slo-pitch league, which has three weeks of regular games plus playoffs.

Every team is guaranteed to play four games.

Students shouldn't feel when the fall turns into winter. There are three sessions of intramural sports held at the college throughout the school year.

Co-ed volleyball, co-ed basketball, non-contact hockey and ball hockey will all be running during the second session of play.

Coleman said all of these leagues are popular amongst the student body.

Visit the recreation centre between Oct. 13 and 22 if you are interested in signing a team up but one of these sports. A $30 bond is needed to form a team. This money will be returned at the end of the session provided your team has shown up for all of its games.

There are also one or two individual teams in each league. These teams are composed of students who want to play but can't find enough teammates to form a squad. The sign-up sheets are available in the recreation centre.

The third session of intramural sports is held at the beginning of the second semester of school. During this session, students can compete in the same sports as the second session plus no-sad indoor soccer.

Got a hot news tip?

Call Spoke at ext. 3691

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Thursday, October 14th - 7PM

PROPER ID REQUIRED
19+ ONLY